

## Flourish Inside and Out



*May 21 - October 2, 2016*

Conservatory East Gallery and Terrace

From a walk in the woods to strolling through a park, and from gardening at home to visiting a public garden, therapeutic horticulture, nature therapy, and accessible gardening connect people to nature and themselves. Come learn how nature can improve human health and wellbeing. Demonstrated through accessible gardens, adaptive tools, engaging programs, and vignettes showcasing the intersection of humans and nature, a visit to the Garden will highlight how people flourish through interactions with plants. This exhibit, developed in consultation with the Horticultural Therapy Department of the Chicago Botanic Garden, will excite and motivate visitors to find their place through nature!

### Associated programs:

- 5/6/16 - Gardening Easy Button, Kerry Ann Mendez
- 6/4/16 - Horticultural Therapy: The Slower We Go, The Faster We Get There, Lana Dreyfuss
- 6/11/16 - Celebrate Flourish! USBG Staff & Volunteers
- 6/16/16 - Flourish: An Overview, Ray Mims
- 7/14/16 - Flourish: An Overview, Anna Mische John



7/15/16 - Hort Therapy Lecture, Matt Wichrowski

- 7/22/16 - How Does Nature Impact Health?, Barb Kreski
- 7/23/16 - Veteran's Container Gardening Day, Alicia Green
- 7/30/16 - Horticultural Therapy in Action!, Edward Goodman
- 8/6/16 - Canning with Natural Sweeteners, Marisa McClellan

- 8/13/16 - Therapeutic Garden Design Workshop, Clare Johnson
- 8/14/16 - Young Children and Nature, Kay Knight
- 8/17/16 - Flourish: An Overview, Ray Mims
- 8/28/16 - Tea Making, Hilda Krus
- 9/10/16 - Health Benefits of Natural Landscapes, Jerry Smith
- 9/21/16 - Flourish: An Overview, Ray Mims
- 9/30/16 - Gardening as We Age, Barb Kreski

On-going programming:

- Saturdays - Practice with Love Yoga Gatherings: Stop and Smell the Roses, Heather Markowitz
- Twice Monthly - Cooking Demonstrations, the Cook Sisters

*Photo: veteran farming lavender, photo courtesy Denver Botanic Gardens*

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**Source URL:** <https://www.usbg.gov/flourish-inside-and-out>